

HUMMUS RECIPE

Snack on this easy, delicious Mediterranean spread. Hummus is a low-sodium, low-fat snack choice.



Ingredients

2 cans (16 ounces each) reduced-sodium garbanzos, rinsed and drained except for 1/4 cup liquid
1 tablespoon extra-virgin olive oil
1/4 cup lemon juice
2 garlic cloves, minced
1/4 teaspoon cracked black pepper
1/4 teaspoon paprika
3 tablespoons tahini (sesame paste)
2 tablespoons chopped Italian flat-leaf parsley

Directions

In a blender or food processor, add the garbanzos. Process to puree. Combine the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve. Makes 3 cups. Play around with the recipe by adding various veggies like cucumbers, red peppers, or jalapeños. You can also substitute white, butter, or lima beans for the garbanzo beans.

Serving Suggestions

Serve with whole wheat bread and/or various vegetables (carrots, cucumbers, peppers, etc.). Add hummus to a sandwich to add flavor and nutrition.

Serving size: 2 tablespoons

Calories 48
Total fat 2 g
Potassium 15 mg
Sodium 106 mg
Saturated fat < 1 g
Calcium 15 mg

Cholesterol 0 mg
Monounsaturated fat 1 g
Protein 2 g
Carbohydrate 6 g
Fiber 2 g

Source: Mayo Clinic EmbodyHealth web portal,
www.bewellstaywell.az.gov